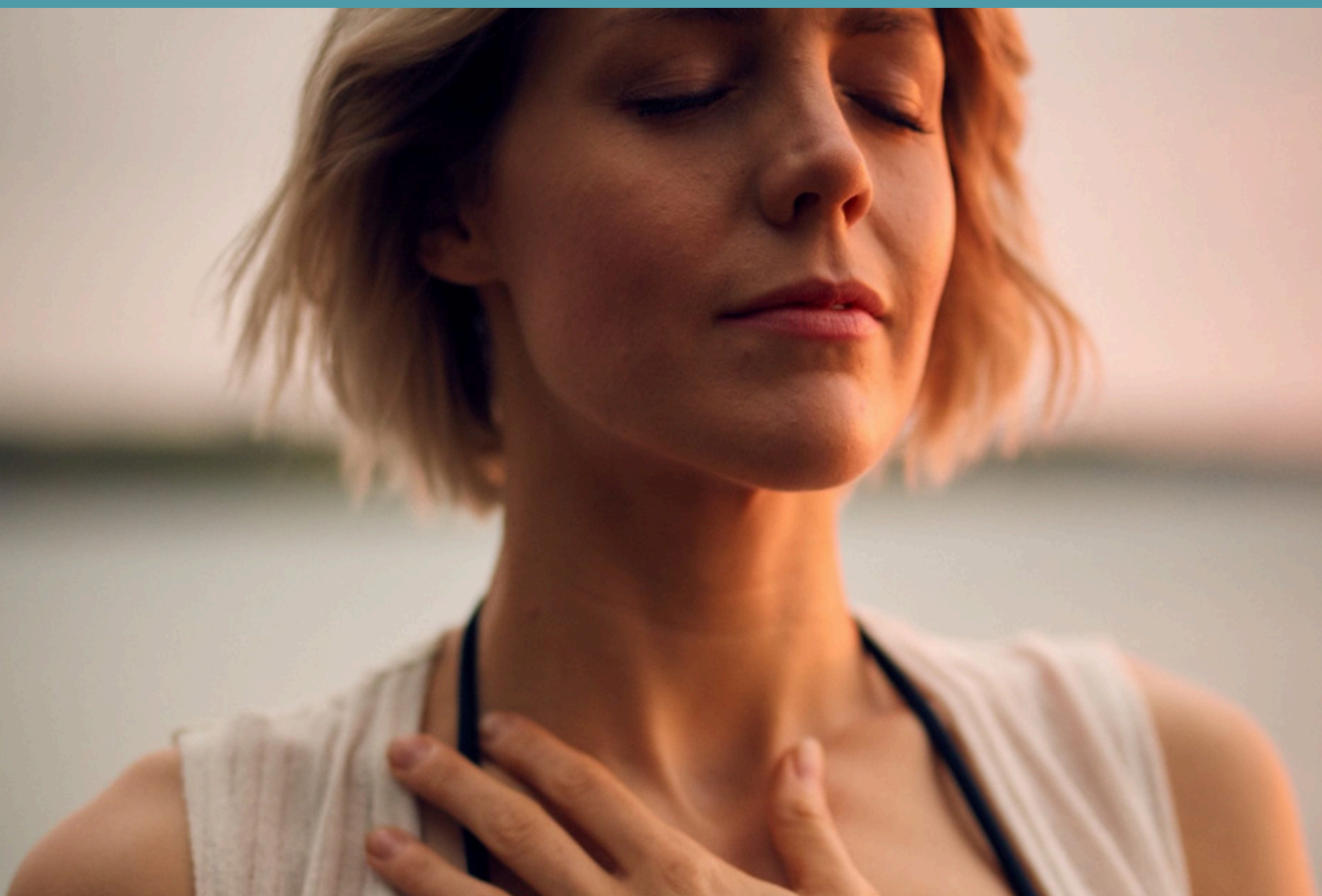


# **BACK-TO-ESSENTIALS BOOTCAMP**

**Week 1 - Practical Guide**



**Body-Breath Awareness**

# 1 Practical Guide | Week 1

## STEP 1 | Functional Breathing & Wellbeing Assessment

Listen to the guided [Body-Breath Reconnection audio \(download here\)](#) practice and complete the FUNCTIONAL BREATHING & WELLBEING ASSESSMENT. [Download here.](#)

## STEP 2 | Body, Breath Awareness & Conscious Breathing

As mentioned, use this week to build on body, mind and breathing awareness. Become aware of the body and breath throughout your day. Adjust and bring in some conscious breaths and movement if needed. Download a screensaver to remind you to take a breath break [here.](#)

## STEP 3 | Morning - On Waking Up

Starting your day, the right way - Gentle adjusting and [Wave Breaths](#)

While we sleep, [vital functions](#) like heart rate, blood pressure, and respiration slow as the body focuses on rest and repair.

To wake us, the body increases cortisol, the stress hormone, while also gradually clearing “sleepy” neurochemicals from the brain. This natural process takes time, and jumping straight into action - like grabbing your phone or rushing out of bed - can disrupt it, leaving you feeling [unbalanced or groggy.](#)

Instead, take a few conscious minutes (as shown below) to check in with yourself and allow your body to adjust gently. This smooth transition helps [regulate](#) your nervous system, prepares your organs and muscles for movement, and supports your body’s natural waking process.

A mindful start like this can make all the difference to your day - and it’s far more beneficial than scrolling through social media or checking emails first thing!

# 1 Breathing Guide | Check-In & Wave Breathing

## Daily | Morning - On Waking Up

**step 1** Put one hand over your belly button and one hand on your chest.

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**step 2** Mindful check in—observe how your body feels, and your mind. No judgements - just observing. **Then shift to focus only on your breath and the movement of it with Wave Breaths.**

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**step 3** Breathe through your nose into your belly, making your belly rise, barely moving the hand on your chest. Exhale out through the mouth with a relaxed sigh. **Repeat 3 times.**

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**step 4** Next, breathe through your nose, first making your belly hand rise. One second after the belly hand has started to rise, allow your breath to start coming up to your mid ribs, feeling them expand sideways. Exhale out through your mouth, relaxed and with a sigh if required. **Repeat 3 times.**

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**step 5** Next, repeat the belly and midribs breath, but this time, soon after the midribs have started to expand, allow your breath to come all the way up to your collar bones. Exhale out through the mouth with a relaxed sigh. **Repeat 3 times.**

You can do another round, or end here. Before jumping up, do one last check in and ask yourself - **'How do I want to show up today?'**

## Next Steps | Daily Observations

You can use the daily observations sheets to note any findings from your learnings and your body, breath awareness challenge throughout the week.

There's a few guided questions on what you could explore.

# Day 1 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, mind/thinking, do you feel relaxed, do you feel sleepy, screen time, evening & night routine - what have you noticed?)

## Night time reflection

Any other reflections, learnings or notes for tomorrow?  
End the day with ease, let go and prepare for a restful sleep.

# Day 2 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

Any other reflections, learnings or notes for tomorrow?

# Day 3 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

Any other reflections, learnings or notes for tomorrow?

# Day 4 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

Any other reflections, learnings or notes for tomorrow?

# Day 5 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

Any other reflections, learnings or notes for tomorrow?



# Day 6 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

Any other reflections, learnings or notes for tomorrow?

# Day 7 Awareness & Observations

What time did you wake up?

Hours of sleep (roughly)?

## AM | Observations

(How did you sleep, how is your energy, mind/thoughts, body, stress level, emotions - do you notice anything? How did you feel after Wave Breathing?)

## PM | Observations

(How is your breathing, stress levels, energy, mood, irritability, joy and happiness, dips, mind/thinking - what have you noticed today?)

## Night | Observations

(How is your breathing, stress levels, mind/thinking, do you feel relaxed, do you get to sleep easily, screen time, evening & night routine - what have you noticed?)

Any other reflections, learnings or notes for tomorrow?

## Final Reflections | A note from Sharon

Final reflections, learnings or observations from the last 7 days? Have you noticed anything specific? Is there anything you will do differently moving forward?

### Wow, amazing job! You did it!

Congratulations on fully committing to yourself over the last 7 days. You've started to set the foundations, and this is just the start – there's SO much more ahead!

In Week 2, we'll dig into dysfunctional breathing patterns and learn how to improve them. This is where we start to feel the shifts and I can't wait to see your progress!

**How are you feeling after Week 1? I'd love to hear about your experiences!**  
**Jump into the [Facebook group](#) and share – let's keep the momentum going as we move into Week 2!**

It has been amazing to have you here with me and I look forward to guiding you through the next steps of your journey!

Sharon x

